

Forecast high heat index	Category	Suggested actions
<80	Minimal risk	No suggested actions for the heat
80-90	Low risk	<p><b>HYDRATION</b></p> <p>Clean, labeled water jugs with cool fresh water near workers</p> <p>Encourage workers to regularly sip water</p> <p><b>COMMUNICATE WITH WORKERS</b></p> <p>Review emergency response procedures</p> <p>Watch out for heat illness symptoms, self and co-workers</p> <p>Employee inform supervisor if not feeling well</p> <p><b>WORK ORGANIZATION</b></p> <p>Assemble shade structures if no existing shade</p> <p>Employees use “buddy system”, don’t work alone</p>
91-103	Moderate risk	<p><b>HYDRATION</b></p> <p>Clean, labeled water jugs with cool fresh water near workers</p> <p>Drink <b>at least</b> 16 oz water per hour, double as it gets hotter</p> <p>Port-a-potties 3-minute walk from work, separate from fresh water</p> <p><b>COMMUNICATE WITH WORKERS</b></p> <p>Review emergency response procedures</p> <p>Watch for heat illness symptoms, self and co-workers</p> <p>Employee inform supervisor if not feeling well</p> <p>Wear light-colored, breathable clothing, no layers, wide-brimmed hat</p> <p>Consider wearing wet bandana on forehead or neck</p> <p><b>WORK ORGANIZATION</b></p> <p>Assemble shade structures if no existing shade</p> <p>Employees use “buddy system”, don’t work alone</p>

		<p>Lighter tasks, in shade, and/or frequent breaks during hotter time of day</p> <p>Work in cooler time of day</p> <p>Check in with workers <b>at least</b> every hour when temperatures go up</p> <p>Minimize work on ladders, heights &amp; uneven surfaces to prevent falls</p>
104-115	High risk	<p><b>HYDRATION</b></p> <p>Clean, labeled water jugs with cool fresh water near workers</p> <p>Water on ATV, close to workers</p> <p>Drink <b>at least</b> 32 oz water per hour as it gets hot</p> <p>Port-a-potties 3-minute walk from work, separate from fresh water</p> <p><b>COMMUNICATE WITH WORKERS</b></p> <p>Review emergency response procedures</p> <p>Watch for heat illness symptoms, self and co-workers</p> <p>Employee inform supervisor if not feeling well</p> <p>Wear light-colored, breathable clothing, no layers, wide-brimmed hat</p> <p>Consider wearing wet bandana on forehead or neck</p> <p><b>WORK ORGANIZATION</b></p> <p>Assemble shade structures if no existing shade</p> <p>Employees use “buddy system”, don’t work alone</p> <p>Lighter tasks, in shade, and/or frequent breaks during hotter time of day</p> <p>Start the work day early and end by early afternoon</p> <p>Work in cooler time of day</p> <p>Check in with workers <b>at least</b> every 30 minutes when temperatures go up</p> <p>Minimize work on ladders, heights &amp; uneven surfaces to prevent falls</p>

Greater than 115	Extreme risk	<p><b>WORKING UNDER THESE CONDITIONS IS NOT RECOMMENDED</b></p> <p><b>HYDRATION</b></p> <p>Clean, labeled water jugs with cool fresh water near workers</p> <p>Water on ATV, close to workers</p> <p>Drink <b>at least</b> 32 oz water per hour</p> <p>Port-a-potties 3-minute walk from work, separate from fresh water</p> <p><b>COMMUNICATE WITH WORKERS</b></p> <p>Review emergency response procedures</p> <p>Watch for heat illness symptoms, self and co-workers</p> <p>Employee inform supervisor if not feeling well</p> <p>Wear light-colored, breathable clothing, no layers, wide-brimmed hat</p> <p>Consider wearing wet bandana on forehead or neck</p> <p><b>WORK ORGANIZATION</b></p> <p>Assemble shade structures if no existing shade</p> <p>Employees use “buddy system”, don’t work alone</p> <p>Lighter tasks, in shade, and/or frequent breaks during hot time of day</p> <p>Start work day early and end before the heat index goes above 115°F</p> <p>Work in cooler time of day</p> <p>Check in with workers <b>at least</b> every 20 minutes when temperatures go up</p> <p>Minimize work on ladders, heights &amp; uneven surfaces to prevent falls</p>
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